photo by Bonnie Pankey

SORORITY TO GIVE AWAY BIKE

A Bluegrass 3-speed, choice of boys or girls, bicycle will be given away by the Delta Zeta Chapter of Beta Sigma Phi. Tickets are ±50c a chance and can be purchased from any Delta Zeta Chapter member. The drawing will be held October 29, 1977 at 6 p.m. at the Triangle Plaza Shopping Center. A portion of the proceeds will go to the Appomattox Volunteer Fire Department.

Pictured with 3-speed bike is Annette Williams, chairman of the Ways and Means Committee.

Ground Breaking Ceremonies For Dr. O. E. Howe Cottage

Ground breaking ceremonies for the "Dr. O. E. Howe Cottage" to be constructed at the Patrick Henry Girls Home were held at "Tenn-Echo" one mile south of Rustburg, Va. The "Dr. O. E. Howe Cottage" will be a group home for up to 12 girls from the age of 7 to 18 who need placement outside their natural home. It will be known as Patrick Henry Girls Home and operated by Patrick Henry Boys Plantation, Inc. as a satellite division.

Participating in the ground breaking ceremonies were Miss Nellie Nance, Evington, Va., Vice-President of the Dr. O. E. Howe Board; Mrs. Edwina Avery, St. Petersburg, Fla., Secretary of Dr. O. E. Howe Board; Mr. J. K. Andrews, Brookneal, Va., President of Patrick Henry Boys Plantaiton, Inc.; Mrs. Orba Anderson, Rustburg, Va., Trustee of Plantation Board; Robert W. McCullough, Executive Director of Patrick Henry Boys Plantaiton and Patrick Henry Girls Home, and Col. Daniel J. Andersen, Washington, D.C., President of the Dr. O. E. Howe Home for Unfortunate Girls, Inc.

construction will be at Appomattox. The road construction was completed by A. B. Burton Construction Co. of Lynchburg and the well will be drilled by Fred Jones of Appomattox.

The Dr. O. E. Howe Home for Unfortunate Girls, Inc. will provide the funding for the construciton of the cottage which will be dedicated the "Dr. O. E. Howe Cottage". The Patrick Henry Girls Home is being developed on a part of the 400 acre "Tenn-Echo Farm" which was donated to Patrick Henry Boys Plantation, Inc. by Mrs. Orba Anderson. The site selected for the cottage is on U. S. 501 south of Rustburg with a panoramic view of the area.

Robert W. McCullough, Executive Director, indicated that construction is scheduled to begin within the next six weeks with a completion date planned for the summer of 1978. He said, "We are delighted with the partnership commitment which has been made by the Dr. O. E. Howe Board and the Patrick Henry Boys Plantation Board to permit this project to be developed and move forward. We anticipate developing a program of the same high quality of service that has been provided boys at the Plantation.

MARCH OF DIMES OFFICIAL TO SPEAK IN ALTAVISTA, OCT. 18

Mrs. Carolyn Grau, of Baltimore, Md., Assistant Program Coordinator for the March of Dimes will speak at the Future Homemakers of America Leadership conference in Altavista, Oct. 18, at the Altavista Armory.

Area FHA students from Appomattox, Altavista, Brookville and Rustburg Middle and High Schools, also William Campbell and Campbell County Vocational Technical school will be attending.

Mrs. Grau's speech will include such topics as V.D., Diet, Drugs, and etc. in the prevention of Birth Defects.

DIAL GOOD NEWS
352-7900

Eating Well

In ancient Greece, a tradition was started that is continued by present day athletes. Prior to 450 B.C., the traditional diet of athletes was largely vegetarian & only small amounts of meat were eaten. The new theory held that because "muscles" were important in athletic performance, the athletes should eat more "muscle"(larger quanities of meat) in order to build muscle & improve performance.Today we hear testimonials from many athletes & coaches suggesting that high protein or meat diets build muscles and increase energy. It is true that protein is necessary to build muscle but it does not itself do the building. Only exercise can do that. And simple sugars, not proteins, are the major souce of energy.

Studies have shown that it is better to avoid large quantities of protein before a game because protein tends to increase the amount of acid in the muscles and other body systems, thereby causing fatigue, cramps, and an inability to function at an efficient rate.

Training and a nutritious diet go hand in hand in helping the competing athlete. Training will improve endurance and skill of performance. Eating a well-balanced diet will increase efficiency. Studies show that athletes who eat twice a day do not perform as well as those who eat three meals a day. Performance improves slightly when athletes eat five small meals a day.

IT PAYS TO ADVERTISE IN THE TIMES-VIRGINIAN

Appomattox County Library

Music Buffs will enjoy the November issue of High Fidelity Magazine which contains articles on "New Hope for TV Sound", the story of Nathan Stubblefield of Murray, Kentucky who was the first man to broadcast speech and music. Evidence points to his discovery about 1890-92 at least seven years before Marconi sent the first wireless telegraph message across the English Channel. Other articles about new classical and pop recordings and "How a Record is Manufactured" are included in this monthly publication along with a wealth of information about technical stereo equipment and tuners.

The October issue of **Southern Living** Magazine has a beautifully illustrated article, "Celebrate Fall Color Then Bring It On Home"; "The Fun of Tennis in Half the Space"; "How to Make a Drain from a Hibachi", "Guest Parking" and much helpful advice on Fall Gardening. You won't want to miss marvelous seasonal recipes such as pickled green tomatoes, pumpkin, cheese cake, oyster patties - - - and have you ever baked Monkey Bread?

The Library's Open House during Railroad Festival was attended by 75 people, some from out of town and others from out of state. Hostesses who greeted the guests were Ann Robinson, Margaret Glover, and Minerval Kepler.

Have you signed up yet for volunteer service in the necessary task for inventory of the Library?

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - What rating must a veteran receive for a service-connected disability to permit the spouse to be entitled to aid and attendance if disabilities warrant?

A - The disabled veteran must be rated 50 per cent or higher.

Q - In order to be eligible for a VA education loan, what is the minimum training time a veteran must be enrolled in school?

A - A veteran must be enrolled at least half time in institutions of higher learning or in a nondegree technical course, requiring at least six months to complete.

Q - If I surrender my NSLI ordinary life policy for paid-up insurance, do I continue to receive dividends?

A - If the parent policy earned dividends the reduce dpaid-up policy will also earn them. Also, all reduced paid-up policies have cash and loan values.

Q - Under what conditions can a VA home loan entitlement be restored, once used?

A - If the property is disposed of, and the loan paid in full, your entitlement may be restored. Also, a veteran with full entitlement may assume your loan and substitute his or her entitlement for yours.

Pfc Reginald Franklin

HOME FROM GERMANY

Pfc Reginald Franklin has completed six months of duty with the 3rd Squadron, 2nd Armored Cavalry Regiment. He supported vital border duty for a period of one month as a border Legionaire on the West German Border. After spending a leave at home with his parents, Mr. and Mrs. Marshall Franklin of Coconord, he has returned to Fort Hood, Texas for special training.

His address if Pfc Reginald Franklin, 230-94-4961, C5C-¼ 1, Fort Hood, Texas 76544.

NATIONAL PARK WOMEN TO MEET TONIGHT

The National Park Women of Appomattox will meet tonight at 7 p.m. at Jen's Party Shop.

Mrs. Virginia Hancock will give a demonstration on Candy Factory.

It will be most interesting. Come and bring your guest.
Please note change of date.

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from 5 P.M. to 9 P.M.
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CHOOSE FROM THESE SIZES AND SHAPES

THE VIRGINIA DIVISION OF THE UNITED DAUGHTERS OF THE CONFEDERACY Conference was held last week in Harrisonburg. Attending from the Appomattox Chapter, UDC were Mrs. Harriet Cunningham, Mrs. Louise Plunkett and Mrs. Hazel Lee Martin.

HUNTING PERMITS
Westvaco Corporation will again open to public hunting approximately 90,000 acres in Albemarle, Amherst, Appomattox, Bedford, Buckingham, Campbell, Fluvanna, Franklin, Halifax, Henry, Louisa, Nelson, Orange, and Pittsylvania Counties.
Possession of a valid permit is necessary before hunting on Westvaco properties, with the exception of those areas under cooperative game management with the State. Maps showing lands open to permit hunting in your area are available upon request at time of permit purchase. Tracts leased to hunt clubs are not open to permit hunting. You may obtain a permit by sending:
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2. A stamped, self-addressed envelope
3. $3.00 cash, check or money order
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Lynchburg, Virginia 24505
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For better Traction

A & BR78 x 13	-$24.00
FR78 x 14	- $27.50
GR78 x 15	-$30.00
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THEN and NOW!

By Frances H. Paulette

"Dutch", A One Of a Kind Guy!

A builder of churches, plazas, and schools,
This man we know as "Dutch" - -
Homes, Offices, and other things,
You can see, He's accomplished much!

Got the nickname "Dutch" from his Uncle Jim,
When he was but a lad,
"You sound like a Dutchman when you talk,
"And child, that's really bad!"

But "Dutch" didn't care about his name,
His thoughts went the other way - -
To skipping school, eating Johnnie cakes,
And becoming somebody - - - someday.

A head for business, and a heart that is kind
They have surely brought success.
He gives the treatment he'd like to get,
Just that and nothing less!

"Dutch" NOW.

When his own sons, Bob and Bill were little fellows, "Dutch" took them regularly to a certain barber shop in town. This particular evening, however, he decided for some reason or other to take them to another barber shop. They had gotten inside and the boys had gotten out of their coats and hats. The barber looked squarely at Mr. Jamrson and said, "What is the matter Dutch? Is the other barber shop busy this evening?" Without so much as batting an eye, Mr. Jamerson replied, "Now, I don't know about that, but I'll go and see." With that, he calmly got the boys into their wraps and left.

Mr. Jameson has a deep love and admiration for his children. His son, Bob, told me of one occasion in 1940 when they went to Virginia Beach. At that time it was necessary to board the ferry to reach the beach. On this particular occasion they were waiting to go across; somehow Bob had gotten separated from Mr. Jamerson and Bill, and was wandering around alone. A very concerned gentleman approached little Bob and said, "Little boy, just how did you become crippled?" At this time the book "Gone With the Wind" was highly popular and the subject of much discussion. Very seriously Little Bob looked up into the face of the concerned gentleman and said, "Sir, I was with Sherman at Atlanta." A few minutes later Mr. Jamerson came up; he, of course, had not heard the conversation. The man, not knowing that Bob was Mr. Jamerson's son, said in an irritated fashion, "You see that little boy there? He is a smart aleck kid if I ever saw one!" With a broad smile, Mr. Jamerson replied, "I'll agree, that boy IS smart!!" Quickly they walked away, leaving the poor gentleman in a state of bewilderment.

As "Dutch" drives through Appomattox he can see many buildings that his firm has erected. To name a few, the Appomattox County High School, The Triangle Plaza, the Memorial United Methodist Church, and of course the Restoration of the Old Appomattox Court House. There are many many more. To me the greatest tribute to Mr. Jamerson is the vast number of friends he has made through the years. He absolutely refused to talk about the people he has helped, though I know they are too numerous to mention. He reminded me that the Bible teaches us not to publicize the good we do. When he was baptized into Liberty Baptist Church shortly after the church's dedication on July 2, 1916, he took very seriously the teaching of Christ. It is on this, that he has based his life. "Dutch", Appomattox is a better place because you live here! We love you!"

* * *

I deeply appreciate the time and information that Mr. Jameroson and Bob gave me in order that I might be able to write this article. There is so much more that could be said about Mr. Jamerson, but I think his life says it best of all.

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

CLEANING CAUTIONS

Here's a bathroom cleaning caution you've heard before - - but it's one worth repeating. Never mix toilet bowl cleaners and bleach. Either may be used separately to remove ugly stains from a toilet bowl, but not - - repeat, not - - together! The mixture produces toxic fumes which can be hazardous - - even fatal.

And while we're talking about cautions, never use a toilet bowl cleaner on your sink or bathtub. Even though they may look the same, the materials on your sink and tub are not the same as those on your toilet bowl and flush tank. Sinks and tubs are usually porcelain enamel, while toilet bowls are vitreous china - - a wholly ceramic material specially processed to withstand extremely aggressive cleaning compounds . . . So these cleaners - - highly caustic - - can damage a porcelain enamel finish.

Instead, just use a sudsy cloth or non-abrasive scouring powder. It's enough. And . . . . an easy way to help prevent bathtub ring is to add a few sprinkles of detergent or bubble-bath to the bath water.

Another caution is to keep any cleaning product out of the reach of children.

CONSERVE WATER AND ENERGY- USE YOUR DISHWASHER WISELY

Run the dishwasher only when you have a full load. It takes just as much water to run the washer empty as full. Good machine loading practices will assure proper circulation of spray for effective cleaning. Loading instructions for your particular model will be found in its use and care manual. Improper loading and overloading can cause poor cleaning results and dishes may have to be rewashed - - which uses more human energy as well as electrical energy and water.

One portion of the dishwashing task that usually can be eliminated is the pre-rinse of dishes before loading the machine. With continued mechanical improvements in machines and technological improvements in detergents, less and less pre-rinsing is needed, saving you the extra work and using less water to get the job done.

Does a dishwasher use more water than washing dishes by hand? Not necessarily. Used correctly, a dishwasher can use less water than washing dishes by hand.

If you are buying a new dishwasher, look for water-saving and energy-saving features. Ask your appliance dealer about this. It is your right to know and his responsibility to inform you of the energy-saving features on any appliance you purchase.

RECIPE OF THE WEEK
7-Up Congealed Salad

1 big pkg. lemon gelatin
1½ cups water
1 cup 7-Up
2 or 3 big bananas, sliced
1 small can crushed pineapple (drain and use in place of water)

After mixture starts to set, top with whipped topping prepared according to package directions.

NOTE: Appreciation goes to Mrs. Odelle Paulette for sharing this delicious salad with us. It is nutritious and easy to prepare.

FIELD TRIP - NOTES CHANGES IN COMMUNITY

Mrs. Steve Marshall and second grade class took a field trip to note changes that have taken place in Appomattox in correlation with a social studies unit on how communities change.

Mrs. Marshall was able to point out many changes that have taken place in the past few years, since she is a local girl and was a student in this school.

Mrs. Marshall is a Longwood College student doing her student teaching in Mrs. Cyrus' second grade class at the Appomattox Primary School.

Tops Club

The weekly TOPS meeting was held at 7:00 October 13, 1977. Susan Martin presided over the meeting in the absense of the leader Gaye Stafford. The TOPS pledge was recited by the members to start the meeting.

Susan Williams is our newest member. She is a transfer from the Lynchburg TOPS chapter. We are proud to have Susan and hope she will be happy with us.

Vivian Bryant was the best loser of the week with a big loss of 3¼ pounds.

Barbara Mayberry tabulated the contest points and read them to the members. There is a close race among some of the girls. Coming in costume at the close of the contest on Oct. 27, 1977 was suggested by Barbara. Everyone in the club agreed to let it be optional to come to the meeting in costume.

Susan Martin, co-leader, gave a talk on the subject, "How to fat proof your child." Some important headings under the subject was "Ways to see if a child is overweight," What part heredity plays in fat children," "No special diets," and "Exercise." The program was very informative and was enjoyed by all.

The meeting was adjourned until the next meeting on Oct. 20, 1977. Weigh-in 6:30 - Meeting starts 7:00. Fidelity Branch Bank.

Lois Smith, Reporter

DIAL
GOOD NEWS
352-7900
LIBERTY BAPTIST CHURCH

Va. Fibre Reports Wood Purchases

Listed below is the total dollar volume of wood purchased by Virignia Fibre Corporation of Riverville for the week ending October 9, 1977. Purchases are listed by counties.

Albermarle	1,539.97
Amelia	690.80
Amherst	7,184.66
Appomattox	7,588.37
Augusta	—
Bedford County	4,691.89
Buckingham	14,148.04
Prince William	1,093.84
Campbell	8,064.50
Charlotte	843.12
Cumberland	7,207.76
Goochland	3,973.77
Lunenburg	541.45
Nelson	13,288.38
Nottoway	563.39
New Kent	—
Pittsylvania	2,724.07
Prince Edward	9,342.84

We feel this information is of interest to our readers in Appomattox County and in adjoining counties.

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A78-13 blackwall, 'Power Streak' or 'Suburbanite' Polyester, plus 7L73 or 7L72 EEI and old tire
Other Sizes Low Priced Too!

'Power Streak '78		
Blackwall Size	OUR PRICE	Plus F.E.T. and old tire
E78-14	$28.50	$1.80
G78-14	$31.95	$2.53
5.60-15	$22.00	$1.70
G78-15	$32.95	$2.59
H78-15	$34.95	$2.79

'Suburbanite' Polyester		
Blackwall Size	OUR PRICE	Plus F.E.T. and old tire
E78-14	$35.50	$2.23
G78-14	$40.00	$2.53
5.60-15	$26.50	$1.77
G78-15	$40.50	$2.59
H78-15	$43.50	$2.79

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'Custom Power Cushion Polyglas'
Double fiberglass belts, polyester cord, for a smooth dependable ride.
$29
A78-13 whitewall plus $1.73 F.E.T. and old tire
Other Sizes Low Priced Too.

Whitewall Size	PRICE EACH	Plus F.E.T. and old tire
E78-14	$37.50	$2.06
G78-14	$42.45	$2.56
G78-15	$43.50	$2.65
H78-15	$46.65	$2.88

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